

# Paso Robles High School Cheerleading and Stunt Team Constitution



## 2018-2019

Head Coach: Tori Loney

Paso Robles High School

## **Purpose**

**The purpose of the Paso Robles High School cheerleading program is to promote and uphold school spirit, develop a sense of good sportsmanship among students and spectators, and to continue to grow and develop in the sport of cheerleading through the competitive outlet known as Stunt and recognized by CIF.**

### **I. General Objectives**

- a. Paso Robles High School cheerleaders and stunt team members are student-athletes and must uphold the highest standards, both academically and physically. They must be dependable, responsible, cooperative, disciplined, enthusiastic, and willing to devote time to their team while continuously strive to improve their own skills. Disrespect of any kind does not reflect the image we encourage and will not be tolerated. Cheerleaders and Stunt team members are **leaders** in Paso Robles and must conduct themselves as such both on and off campus; both in and out of the classroom. Cheerleading and Stunt participation at PRHS is a privilege, **NOT** a right.

### **II. Eligibility**

#### **a. Academic Eligibility**

1. Each cheerleader and Stunt team member must maintain a 2.0 GPA (grade point average).
2. No more than one F is allowed.
3. Academic Ineligibility
  1. If any team member is placed on academic probation, they are expected to attend and participate in all practices. They are to attend all games and performances in a supportive but non-participatory role. They may not participate in any games/performances until they are removed from academic ineligibility.
  2. A student deemed academically ineligible may request academic probation once each school year. This must be agreed upon by the athletic director, coach and parents of the student.
    - a. Must have a 1.5-1.99 to request probation
    - b. Student must not have more than one F to request academic probation.
  3. Grades will be checked by the athletic office every 5 weeks.
  4. Once grades are pulled, you have approximately 2-3 days to rectify any issues.

#### **b. Varsity Letter Eligibility**

1. In order to be eligible for a Varsity Cheerleading letter, you must complete an entire football and basketball season on the Varsity Cheer Team.
2. Only one Varsity Cheer letter will be given. Additional bars will be available for student-athletes that letter more than once.
3. A separate letter/bar will be given to those that participate during the spring stunt season.
4. JV letters will no longer be issued to the frosh teams.

### **III. Teams**

#### **a. Selection**

1. Team selection will be made by the coaching staff after the entire tryout process takes place in early spring.
2. All candidates must complete the application and participate in the entire tryout process.
  1. Teams:
    - a. There will be three teams.
    - b. Varsity, Junior Varsity and Freshmen
    - c. Selection will be based on overall scores and experience.

**b. Captains**

1. Captains will be selected by the coaching staff and a squad vote after careful observation prior to the start of the fall football season.
2. The selection process usually takes place after summer camp.
3. Captains are required to complete the NFHS captains online course.
4. Captains are responsible for the actions of their squad. Squad members will respect the actions of the captain or face disciplinary actions.
5. Captains should not encourage any form of gossip or negative activity among team members but encourage camaraderie at all times.
6. Captains will be in charge of:
  1. Taking attendance occasionally.
  2. Check team members for proper attire, no jewelry, fingernail length, hair up, etc. and leading the squad in stretching and warm up exercises.
  3. Assist in communications between the coaching staff and the cheer team.
  4. Calling sideline cheers along with the coaching staff.

**IV. Cheerleading Event Attendance**

**a. Practice**

1. All practices are mandatory
2. PRHS Cheer will practice 4-5 times per week during football season and 2-4 times per week during basketball season.
3. Additional practices may be called by the coaching staff to help prepare for competitions/events. Prior notice will be given and all efforts must be made to attend additional practices.
4. Spring practices, which occur after tryouts for individuals not currently in a spring sport, are strongly encouraged but not mandatory. Not only do they condition you for summer practices, but they also help to build a stronger team bond and help individuals advance their skill level. You must have a valid 2018-2019 athletic physical on record in the PRHS athletic office in order to participate in spring practices. Athletic physicals are good for one calendar year and must be updated when they expire. No current 8<sup>th</sup> grade students may attend spring practices per CIF ruling.
5. Summer practice, are mandatory and must be attended.
  1. During the 2018 summer, there are a total of 20 summer practices for JV and freshmen and 23 practice for varsity.
  2. Those missing more than 10% of the summer practices will not be permitted to perform at the first football game. Rounded up that is 3 missed practices.

3. Those missing more than 20% of the summer practices will not be permitted to perform at both the first and second football games. Rounded up that is 6 missed practices. Etc.
4. You may make up missed practices by scheduling a separate 1 hour stunt practice with your entire stunt group and a coach on your own time or by attending the summer weight training program (1 hour of weights equals  $\frac{1}{2}$  of a regular practice).
6. All work schedules and appointments must be made around the practice schedule. A cheerleading team has no second string. Everyone is very valuable to the overall success of the team. Everyone must be available for every practice. Your athlete's position in a performance or group may change if they miss practice so that the remaining team members can continue to practice.
7. You **MUST** call/text the coach if you are going to be absent. Do not ask another student to relay your message about your absence.
8. If you have a medical excuse, you are still expected to attend practice (if medically reasonable) while dressed out and participate in a supportive (mini-coach) role.
9. In order to return to participation after a doctor's medical excuse note, you **MUST** bring your coach a Medical Release note from your physician allowing you to return to full participation. You will not be allowed to participate without this release.
  1. Partial releases will be accepted for modified participation at practice and games.
10. Game/Event Day of Attendance:
  1. You may not participate in a game or assembly if you were absent more than  $\frac{2}{3}$  of the school day.
    - a. Must attend 4 out of 6 classes on a regular day
    - b. Must attend 2 out of 3 classes on a block day
  2. This is a school rule and the only exception is a prearranged absence with the office.
11. If you miss the practice prior to the game/event, you will not participate in the game/event but will still be required to attend the game/event in order to help and support the team. If you choose to not attend the game, without a medical excuse, you will be benched from the following game.
12. If you miss more than one practice per week, you will not be allowed to participate in any games/activities that week during football season. You will still be required to sit on the sideline with the coaching staff and support your cheer team. Sitting in the bleachers with friends is not the same thing. If you choose to not attend the game, without a medical excuse, you will be benched from the following game.
13. During basketball season, if you miss the practice immediately prior to the game, you will not be allowed to cheer/participate at the game. You will still be required to sit in the stands and support your cheer team or you will also miss the following game. If you choose to not attend the game, without a medical excuse, you will be benched from the following game.
14. Two unexcused absences from a game/performance may result in benching from all games/performances until after a student/parent/coach meeting can take place to discuss potential problems and solutions.

15. Tardies are unacceptable.
  1. Tardies 30 minutes or more will be treated like an unexcused absence.
  2. Tardies less than 30 minutes will be dealt with extra conditioning/duties.
  3. If less than 30 minute tardies become habitual (two or more per week) time may be deducted from cheering time at games.

#### b. Games

##### 1. Football Season

1. Football season begins in August and may include pre-season appearances.
2. You will be expected to wear your game uniform to school on game days. If you do not follow uniform guidelines, you will lose class credit. If it becomes habitual, a parent conference may be called with disciplinary actions.
3. There will usually be one game per week.
4. All cheerleaders must attend all games (home and away)
5. You **MUST** travel to all away games on the bus provided.
  - a. You may return home with your parents (see section on transportation)

##### 2. Basketball Season

1. Basketball season begins in November and may overlap with football season
2. There will be one to two games per week, possibly more in rare circumstances.
3. A schedule of which game each group is responsible for will be available when basketball season get closer.

##### 3. STUNT Season

##### 4. When the cheer season is over

1. Cheer has a very small off season, if any. So we encourage you to keep working hard to maintain your skills.
2. When you leave the team, either at the conclusion of the season or prior to that point for whatever reason, you must return all borrowed uniform items or you will assume the cost to replace that item.
3. An exit survey will need to be completed for the athletic department.
4. **If you are removed from the team prior to the end of the season (including football, basketball and STUNT season) or choose to leave the team voluntarily, you will not be granted a letter/bar and will not attend the end of the season banquet.**

#### c. Special Appearances/Events

1. PRHS Cheerleading has the responsibility to be a visual representation of Paso Robles High School (including its administration, faculty, staff and student body/alumni). This relationship with the High School and the community is very important.
2. All special appearances are required when given at least 2 weeks notice.
3. Examples of special appearances
  1. Clinics, parades, business events, community events in the park, community clean-up, exhibitions, etc.

**V. School Attendance**

- a. School attendance is important for academic success. It is the student’s responsibility to ask for any missed assignments and to turn in any missed assignments resulting from cheer related absences.
- b. You may not participate in any game, assembly or appearance if you are absent (unexcused) during any part of the school day.
  - 1. Excused absences must be pre-arranged with the office.
- c. Tardies to class during the school day can/will result in disciplinary detentions assigned by PRHS administration.
  - 1. Tardies may result in lunchtime detentions, DO NOT BE TARDY TO CLASS!
  - 2. If a student continues to be tardy to class, additional disciplinary actions may be taken by the PRHS administration.

**VI. Participant Apparel/Accessories**

**a. Practice Attire**

- 1. For safety reasons and reason of conformity, we require each participant to dress appropriately. All PRHS Cheerleaders are to be prepared for practice by having and wearing the correct items or they may not be allowed to practice. If they are not allowed to practice due to attire, they will receive an unexcused absence.
  - 1. Please wear the following to every practice
    - a. Hair put up into a ponytail (be sure to have plenty of hair bands)
    - b. Appropriate spirit pack attire
      - i. Each practice day will have a specific uniform/color to wear from the spirit pack/camp clothes. During the school year, not wearing the required colors/items will result in loss of points and will affect your grade.

Monday	Tuesday	Wednesday	Thursday	Friday
TBD	TBD	TBD	TBD	TBD

- ii. Sports bra (recommended)
- iii. Low or no-show socks.
- iv. Cheer shoes
- v. Please NO:
  - 1. Sweats/sweatshirts (past warm-ups), nylons or full-length tights, school clothes, denim, etc.

**b. Camp clothes**

- 1. An additional 4 practice/camp uniforms are suggested. These will be your practice and camp clothing.
- 2. All PRHS cheerleaders are asked to purchase these uniforms by the scheduled deadlines through the Varsity Payment Portal.
- 3. PRHS cheerleaders will wear these uniforms at camp, during practice and at special appearances.

**c. Varsity Team Warm-ups-Optional Purchase**

- 1. Warm-ups will be available for purchase during a second uniform order (approximately August).
- 2. Warm-ups may be worn at school as well as before and after games/appearances.

3. Warm-ups will only be worn during a game at the discretion and direction of the coaching staff. All team members must have the warm-ups for the team to wear them during a game/performance

1. Team fundraising may be done to purchase a team set of warm-ups.

d. Extra Items

1. Occasionally additional orders will be placed so that cheerleaders and family members may purchase items such as t-shirts, sweatshirts, bows, etc. that are not part of the required items.

e. General Appearance

1. Uniform

1. Only the designated uniform and uniform accessories are allowed at games/appearances/performances.
2. Shoes must be kept clean both for safety reasons and aesthetic reasons.
  - a. New cheer shoes **SHOULD** be purchased each year.
3. Socks should always be worn (white, no-show socks)
4. Hair ribbons are a part of the uniform. It is recommended that you purchase extra ribbons to make sure you always have one on hand.
5. No nylons, tights or leggings are to be worn during any appearance, game, competition or practice. It is okay to wear these items to school with your uniform on game day if it is cold outside or for extra comfort.
6. Team members must bring all uniform components to every game/appearance as game weather dictates which uniform articles will be worn. If you do not bring the necessary uniform pieces, you may not be allowed to perform/participate.
7. Uniforms are NOT to be worn outside of PRHS cheerleading and stunt events or by other (non-PRHS Cheer/Stunt) individuals. The uniform represents the PRHS Cheerleading and Stunt program and the individuals associated with it. DO NOT LOAN ANY PART OF YOUR UNIFORM TO ANYONE.
8. If a PRHS cheerleader or stunt team member arrives in a soiled uniform or the wrong uniform, they may not be allowed to perform/participate and an unexcused absence will be recorded.
9. If you misplace/lose any part of your uniform, it is the cheerleader's responsibility to replace those item(s) before they are required to wear them again or they may not be allowed to participate/perform.

2. Make-up

1. Game make up should be natural and in good taste. This is left to the coaching staff's discretion.
2. No face paint, temporary tattoos or glitter allowed without the coaching staff's approval per NFHS ruling.

3. Hair

1. Hair will always be pulled up and off the cheerleader's shoulders into a ponytail and in a style of the coach's choosing.
2. All hair/bangs should be out of a cheerleader's face/eyes.
3. All cheerleaders will attempt to maintain a consistent/team look. Everyone should look the same/uniform.
4. The only appropriate hair ribbons that should be worn are the ones that are given to you by the coach. This is part of your uniform.

#### 4. Piercings and Jewelry

1. Absolutely no jewelry should be worn during practice, performances or games. You will not be allowed to participate if you do not remove any and all jewelry. ACCAA rule B-12 prohibits wearing jewelry of any kind during participation and no longer allows placing tape or a Band-aid over the piercing! **PLEASE TAKE ALL PIERCINGS OUT!**
  - a. The only exceptions are religious medals or medical alert medals.
  - b. A religious medal without a chain must be taped and worn under the uniform while a medical alert medal must be taped and may be visible.

#### 5. Fingernails

1. Fingernails should be short so that you do not injure yourself and others. Nails may not extend over the end of the finger.
2. Artificial nails are not allowed.

### VII. Behavior and Discipline

#### a. On-Campus/In school behavior

1. You are a direct representative of both PRHS and PRHS Cheerleading and Stunt. You are also a representative for all other school staff and team members. You are expected to behave in the best manner possible.
2. Bad or disruptive attitudes will not be tolerated. If it becomes a continuing problem it may result in dismissal from the team.
  1. Suspensions and Detentions are administered by the PRHS administration based on both academic and behavioral deficiencies. Both directly influence the success of the cheerleading team. You are to behave accordingly to avoid being suspended or given detention. If you are given a suspension or detention that keeps you from attending practices, games or events, you will be benched from the following game/performance.

#### b. Off-campus behavior

1. Your off-campus behavior can negatively impact the PRHS Cheerleading and Stunt team. Please remember that you ALWAYS represent PRHS and its Cheer/Stunt team. Any behavior or action that is illegal may lead to benching or removal from the team. PRHS administration and staff are responsible for determining the level of reprimand.
2. Illegal substances
  1. Illegal substances, including but not limited to, alcohol, tobacco and illegal drug use are strictly forbidden. If you are attending a school/sporting event and are under the influence or have substances in your possession you will be dismissed from the team permanently.

#### c. Social Media

1. All forms of social media should be considered permanent.
2. PRHS Cheerleaders and Stunt Team members (also including their parents) are to maintain the utmost respect for themselves, PRHS administration/staff/faculty, student body and parents.



1. This includes posts to facebook, youtube, snapchat, and other forms of social media etc.
2. Spreading gossip and initiating and/or entertaining cyber bullying activities will NOT be tolerated. Participation in such activities will result in disciplinary actions and possible removal from the PRHS Cheer and Stunt team.
3. Pictures posted on the internet for ANY reason should be school and age appropriate (Always ask yourself, "Would my \_\_\_\_\_(Mom, Dad, Grandmother, Coach) be proud of me if they saw this picture/comment").
4. It is the responsibility of the PRHS Cheer and Stunt parent(s) to frequently monitor social media posts from their child.
5. PARENTS: Please respect the privacy of all minors on the team and refrain from texting/calling/emailing/messaging them. Parents should only contact other adults (coaches, parents, administrators).

## **VIII. Transportation**

### **a. Traveling to games**

1. All team members **must** travel to all away games/performance in the school provided bus/van.
2. Team members are expected to behave in accordance to all school policies while being transported and while at the opponent's game site.
3. There is to be no changing of clothing while in the school bus! Failure to follow this rule may result in the student no longer being able to travel to away games/performance.

### **b. Return travel from games**

1. Students may travel home with an adult IF that adult is listed on their FamilyID file with the athletic office.
  1. Changes to Family ID must be made at no later than 24 hours prior to the event.
2. The coach must SEE the parent/adult with the cheerleader before the cheerleader may leave with them and the parent must sign their student out with the coaching staff.
3. All cheerleaders will be responsible for patrolling their area of the bus for trash and belongings when they leave the bus upon arrival back at PRHS. If an athlete is not respectful of district transportation, they will not be allowed to travel to away games at the discretion of the coaching staff and athletic department.
4. You may **not** ride to and from an away event with another student or another parent, even if your parents approve.

## **IX. Uniforms**

### **a. Purchasing your uniform**

1. A mandatory fitting session with a uniform representative is required to ensure proper fit.
2. We recommend that all cheerleaders purchase their own uniform which can be fitted to their exact measurements.
3. Individuals not wanting or able to purchase their own uniform items will be assigned an average size uniform that may not fit exactly to standards.

4. All school owned uniforms may NOT be altered in any way and must be returned to the coaching staff in good condition at the conclusion of the season or a replacement bill will be issued.
5. All custom cheerleading uniform pieces are non-returnable/refundable. If a cheerleader is dismissed or leaves the team for any reason, PRHS and the PRHS Cheerleading and Stunt team are not responsible to reimburse the cheerleader or their family for the purchase of uniform items.

## **X. Financial Responsibilities**

### **a. Camp**

1. Camp is optional but strongly recommended.
2. All cheerleaders are responsible for the cost of their individual tuition to summer camp. Team fundraising will occur to reduce the cost of tuition.
  1. A camp **NON-REFUNDABLE** deposit of \$100 is due at fittings.
    - a. Bring cash or check (made payable to PRHS CHEER) to Coach Loney who will issue you a receipt.
  2. All money is to be given to the PRHS Cheer coaching staff and a receipt issued.
  3. Refunds (for emergency reasons only) are made at the discretion of the UCA company, not PRHS Cheerleading.
3. The cost of camp clothes/spirit pack is the responsibility of the individual cheerleader and is non-refundable. Fundraising is done to help reduce the cost of each cheerleader's spirit pack.
  1. Additional fundraising may be made available to help reduce the cost per person.
4. Summer camp is essential to begin the season with a strong grip on the latest material and to build strong team bonds. We also engaging in squad safety credentialing.
5. Transportation to summer camp is arranged through PRJUSD. The same rules and policies apply.

### **b. Uniform items**

1. All cheerleaders are responsible for the replacement cost of any lost, ruined or misplaced uniform items or accessories that are owned by the school.
2. Each PRHS cheerleader is responsible for the purchase/maintenance of their uniform and spirit pack items:
  1. Uniform (skirt and shell)
  2. Hair bow
  3. Briefs
  4. Cheer Shoes
  5. Sleeves
  6. Poms
  7. Camp/practice clothes

## **XI. Fundraising**

1. Fundraising will be made available to help reduce/eliminate the cost of spirit pack items, camp tuition, PRHS Cheer and Stunt Team equipment, and cost associated with competition/games, etc.

2. A fundraising committee will consist of both coaches and any interested parents. The more cheer parents involved in the raising of money, the better.
3. All fundraised money will be divided equally amongst all team members.
4. No cash refunds will be given for excess fundraised monies.
5. All end of the year fundraised money will remain in the PRHS Cheer and or Stunt account.

## **XII. Physical Examination Requirements**

### **a. Spring Sports Physicals**

1. Athletic physicals will be available at PRHS in the spring for the following school year.
2. Current 8<sup>th</sup> grade students may attend physical night (recommended)
3. All cheerleaders are required to have a current athletic physical on record with the PRHS Athletic Office before the end of the school year.
4. Those individuals wanting to attend spring practices, MUST have a current athletic physical on record with the PRHS athletic office.
  1. Current 8<sup>th</sup> graders may not participate in spring practices since they are not considered a PRHS student until after the last day of school. They may only participate in tryouts and monthly meetings until they go through promotion.

### **b. Private Physician Physical**

1. You may choose to go to your own primary care physician for an athletic physical if you do not want to participate in physical night (during the spring)
2. You are responsible for all costs incurred during the physical exam appointment.
3. Be sure to pick up all necessary paperwork prior to your appointment with your physician.

## **XIII. Communication**

### **a. Remind**

1. All parents AND students should sign up for Remind alerts to be sent either/both to your cell phone and email. This is an easy way for coaches to notify students and parents of last minute changes/details, or emergencies.
2. You are responsible for signing up for Remind alerts, you will not be added to a list by the coaching staff.
3. Directions
  1. Text the message @prcheer to the number 81010. This will allow you to receive message updates directly from the coach.
  2. Or go to <https://www.remind.com/join/pasocheer> to subscribe by email.

### **b. Facebook**

1. Paso Robles High School Cheerleading has their own facebook page.
2. Only age and school appropriate pictures will be posted on this page of those individuals whose parents have signed and returned the "use of image" form.
3. Like us at *Paso Robles High School Cheerleading*

### **c. Website**

1. Check the website <http://bearcatcherleading.weebly.com> for updates, schedules and other important information.

### **d. Phone Numbers and Texting**

1. All cheerleaders and parents are expected to provide the most up to date phone numbers. If your information changes, please notify the coaches so that we may update your emergency information.
2. You will also need to update any changing information with FamilyID
3. Please feel free to use texting to communicate with your coaches. Please remember that your coaches have families and to respect their time at home.

e. Communication

1. Make sure you always communicate problems or issues as they arise, don't wait too long to address it.
2. Gossip and second hand comments can be very hurtful to all those involved. Be sure to go to the source of the information (a teammate or coach) if you want to be sure what was said/discussed.
3. Use appropriate language when speaking with others.
4. Be sure to examine the issue from all sides or view points.
5. If you are very upset or emotional, give yourself time and space to cool down before confronting someone.
6. It is important for all parties involved to communicate effectively with each other. If the chain of communication is not followed, it may be difficult to effectively and quickly solve issues or problems that might arise.

1. Chain of Communication

- a. The cheerleader should always discuss any issues, questions or problems with the coach before a parent is involved. We must help our student-athletes learn to solve their own problems and be their own advocate.
- b. If there is still a concern or issue, the parent(s) should communicate the issue with the coaching staff prior to involving the athletic director.
- c. If there is still a concern after the parents speak with the coach, a meeting should be arranged with the coach, the parents and the athletic director.